



Prayer Booklet for Families and Teachers

St. Henry's Faith Formation

Dear Parents,

This prayer book was compiled to help you put into practice some basic prayers and teachings of the Catholic Faith within your family. These prayers and teachings were chosen to give you some practical bench marks for teaching your children. Please work on these prayers and teachings with your children. **The goal is to have each grade memorize their prayers for that year by January of the Faith Formation year. But of course families can use all these prayers at any age.** This book will hopefully be a tool for you in being the primary educators of your children.

The items that were chosen have been divided up by grade level. One goal of Faith Formation is to work together with you, the parents, to give the students these basics of the Catholic Faith.

In every age and culture Christianity has commended certain prayers, formulas, and practices to all of members of the faith community, even the youngest. While catechesis cannot be limited to the recitation of formulas and it is essential that formulas and facts pertaining to faith be understood, memorization has nevertheless had a special place in the handing-on of the faith throughout the ages and should continue to have such a place today, especially in catechetical programs for the young. It should be adapted to the level and ability of the child and introduced in a gradual manner, through a process which, begun early, continues gradually, flexibly, and never slavishly. In this way certain elements of Catholic faith, tradition, and practice are learned for a lifetime and can contribute to the individual's continued growth in understanding and living the faith."

Preschool

Sign of the Cross:

In the name of the Father,
and of the Son,
and of the Holy Spirit. Amen

Genuflection:

- How do you genuflect? Bend with your right leg until your knee touches the floor and then come back up. You may say a short prayer, like "Jesus, I adore you", while you genuflect.
- When do you genuflect? When you are in the presence of the Eucharist, especially in the tabernacle. The usual time that you genuflect is before entering a pew at Church. When going to Blessed Adoration you genuflect onto both knees.
- Why do you genuflect? To show a sign of respect to Christ our King. In history knights have shown respect to kings by genuflecting on one knee before them.

The Lords prayer

Our Father, who art in heaven,
hallowed be thy name.
Thy kingdom come.
Thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil. Amen

Kindergarten:

Grace Before Meals

Bless us O Lord
and these thy gifts,
which we are about to receive
from Thy bounty, through
Christ our Lord. Amen.

Angel Of God

Angel of God,
My guardian dear,
To whom God's love
Commits me here.
Ever this day be at my side,
To light, to guard, to rule and
guide. Amen.

1st Grade

Hail Mary

Hail, Mary, full of grace!
The Lord is with thee.
Blessed art thou among
women, and blessed is the
fruit of thy womb, Jesus.

Holy Mary, Mother of God,
pray for us sinners now
and at the hour of our death.
Amen.

Glory Be

Glory be to the Father,
and to the Son,
And to the Holy Spirit,
As it was in the beginning,
Is now and ever shall be,
World without end. Amen.

Attend weekly Mass with
your Family

Reminder that each grade should have the previous grades prayers or facts memorized. Please work on the things from past grades that your child may not have mastered yet.

2nd Grade

Act of Contrition

O My God, I am heartily
sorry for having offended
You. I detest all my sins,
because I dread the loss of
heaven and the pains of hell,
but most of all because they
offend You, O My God, Who
are all-good and deserving of
all my love. I firmly resolve,
with the help of Your grace,
to confess my sins, to do
penance, and to amend my
life. Amen.

Seven Sacraments

Sacraments of Initiation

Baptism

Confirmation

Eucharist

Sacraments of Healing

Reconciliation

Anointing of the Sick

Sacraments of Vocation

Matrimony

Holy Orders



3rd Grade

Stations of the Cross

Traditional

1. Jesus is condemned to death.
2. Jesus takes up his cross.
3. Jesus falls the first time.
4. Jesus meets his sorrowful mother.
5. Simon of Cyrene helps Jesus.
6. Veronica wipes the face of Jesus.
7. Jesus falls a second time.
8. Jesus meets the women of Jerusalem.
9. Jesus falls a 3rd time.
10. Jesus is stripped of his clothing.
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus' body is removed from the cross.
14. Jesus' body is placed in the tomb.

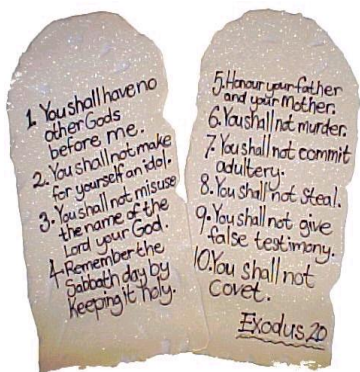


Fatima Prayer

O my Jesus, forgive us our sins.
Save us from the fires of Hell. Lead
all souls into Heaven, especially
those who are in most need of thy
mercy. Amen.

The Ten Commandments

1. I, the Lord, am your God.
You shall not have other gods
besides me.
2. You shall not take the
name of the Lord, your God,
in vain.
3. Remember to keep holy the
Sabbath day.
4. Honor your father and
your mother.
5. You shall not kill.
6. You shall not commit
adultery.
7. You shall not steal.
8. You shall not bear false
witness against your neighbor.
9. You shall not covet your
neighbor's wife.
10. You shall not covet
anything that belongs to your
neighbor.



4th Grade

Mysteries of the Rosary

Joyful Mysteries

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation
5. Find of Jesus in the Temple

Sorrowful Mysteries

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion

Luminous Mysteries

1. The Baptism of Jesus
2. The Wedding at Cana
3. The Proclamation of the Kingdom
4. The Transfiguration
5. The Institution of the Eucharist

Glorious Mysteries

1. The Resurrection
2. The Ascension of Jesus
3. The coming of the Holy Spirit
4. The Assumption of Mary
5. The Coronation of Mary as Queen of Heaven and Earth



Glory Be (Between Mysteries)

Glory be to the Father, And to the Son,
And to the Holy Spirit;
As it was in the beginning, Is now and
ever shall be, world without end.

Apostles Creed (On the Cross)

I believe in God, the Father
almighty, creator of heaven and

earth. I believe in Jesus Christ, his
only Son, our Lord. He was
conceived by the power of the Holy
Spirit and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died and was buried.
He descended to the dead. On the
third day he rose again. He
ascended into heaven, and is seated
at the right hand of the Father. He
will come again to judge the living
and the dead. I believe in the Holy
Spirit, the holy Catholic Church, the
communion of saints, the
forgiveness of sins, the resurrection
of the body, and the life everlasting.
Amen

Our Father and 3 Hail Marys, 1 Glory Be
See pg 2)

Praying the decades

Announce Mystery

Pray: Our Father, 10 Hail Marys, Glory
Be, Fatima Prayer

Hail Holy Queen (At the End)

Hail, holy Queen, mother of mercy,
our life, our sweetness, and our hope.
To you do we cry, poor banished
children of Eve. To you do we send
up our sighs, mourning and weeping
in the valley of tears. Turn, then,
most gracious advocate, your eyes
of mercy towards us; and after this
our exile, show unto us the blessed
fruit of your womb, Jesus: O
clement, O loving, O sweet Virgin
Mary. Pray for us O Holy Mother
of God, that we may be made
worthy of the promises of Christ.
Amen.

Fatima Prayer (after Glory Be)

O my Jesus, forgive us our sins. Save us from
the fires of Hell. Lead all souls into Heaven,
especially those who are in most need of thy
mercy. Amen.

5th Grade

Saint Michael Prayer

Saint Michael the Archangel,
Defend us in battle,
Be our defense against the
wickedness and snares of the
devil. May God rebuke him
we humbly pray. And do
thou O prince of the heavenly
host, by the power of God,
cast into hell Satan and all the
evil spirits that prowl about
the world seeking the ruin of
souls. Amen

The Angelus Prayed Daily at 6am, Noon and 6pm

**V. The Angel of the Lord declared
unto Mary.**

R. And she conceived of the Holy
Spirit.

Hail Mary, etc.

**V. Behold the handmaid of the
Lord.**

R. Be it done unto me according to
thy word.

Hail Mary, etc.

V. And the Word was made Flesh.

R. And dwelt among us.

Hail Mary, etc.

**V. Pray for us, O holy Mother of
God.**

R. That we may be made worthy of
the promises of Christ.

Let us Pray: Pour forth, we beseech
Thee, O Lord, Thy grace into our
hearts, that we to whom the
Incarnation of Christ Thy Son was

made known by the message of an
angel, may through the intercession
of the Blessed Virgin Mary, by His
Passion and Cross be brought to the
glory of His Resurrection. Through
the same Christ Our Lord. Amen.

Regina Coeli

**(prayed instead of the Angelus
during the Easter Season)**

V. Queen of Heaven rejoice Alleluia.

R. For He whom you did merit to
bear, Alleluia.

V. Has risen as He said, Alleluia.

R. Pray for us to God, Alleluia.

**V. Rejoice and be glad, O Virgin
Mary, Alleluia.**

R. Because the Lord is truly risen,
Alleluia.

Let us Pray: O God, who by the
Resurrection of Thy Son, Our Lord
Jesus Christ, grant we beseech Thee,
that through the intercession of the
Virgin Mary, his Mother, we may lay
hold of the joys of eternal life.
Through this same Christ our Lord.
Amen.



6th Grade

Sacred Scripture

- Teaching on New Vs. Old Testament
- 14 key books of Salvation History
- Main outline of Salvation History: Key figures in the Old Testament and the main events and stories in Christ's life
- How to look up Scripture by book, chapter and verse: ex. 1 John 2:5

The Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired with this confidence, we fly unto you, O Virgin of virgins, our Mother. To you we come, before you we stand, sinful and sorrowful. O Mother of the Word incarnate, despise not our petitions, but in your mercy hear and answer us.
Amen.

12 Apostles

Simon Peter
Andrew
James
John
Philip
Bartholomew
Thomas
James the less
Matthew
Simon the Canaanite
Judas Iscariot
(replaced by Matthias)
Thaddius

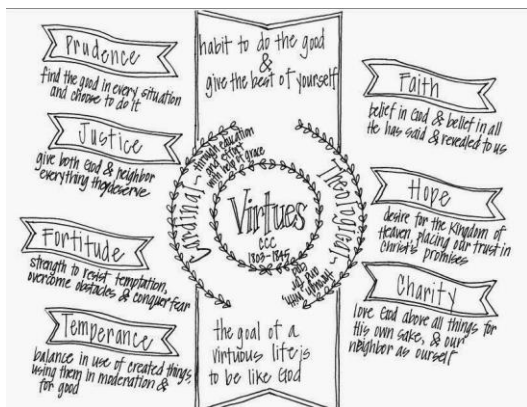
7th Grade

Theological Virtues

Faith
Hope
Charity

Cardinal Virtues

Prudence
Justice
Fortitude
Temperance



8th Grade

4 Marks of the Church

One, Holy, Catholic, Apostolic

Precepts of the Church

1. To attend Mass on Sundays and other holy days of obligations and to refrain from work and activities that take away from the sacredness of that day.
2. To confess one's sins, receiving the sacrament of Reconciliation at least once each year
3. To receive the sacrament of the Eucharist at least during the Easter season
4. To abstain from eating meat and to observe the days of fasting established by the Church
5. To help to provide for the material needs of the Church, each according to his own ability.

Days of Abstinence and Fasting

- Laws of fasting require that on designated days the person eat just one full meal, two smaller meals, and avoid eating between meals. **Ash Wednesday and Good Friday are days of Fasting and Abstinence; all the other Fridays of Lent are days of abstinence.** All members of the Church who are 14 and older are required to abstain from meat on Fridays and all those who are 18 years old to 60 years old are required to fast. Pregnant or nursing women and the ill are excused from fasting.

- We are also obligated as adult faithful to offer **some sort of abstinence or fast on all Fridays** during the year.
- The Church also calls for **fasting one hour prior to receiving Communion** during Mass. In this case, the fast helps us prepare our mind and heart for the great gift of the Eucharist by doing something physical to help focus our attention. Church law calls for us to avoid all food and drink, with the exception of water and medicine, for one hour before receiving Communion.

9th Grade

Parts of the Mass

Introductory Rites

Procession

Sign of the Cross

Opening Prayers

The Liturgy of the Word

First Reading: taken from the Old Testament (except during the Easter season, then it is taken from Acts of the Apostles)

Responsorial Psalm

Second reading from the letters of the New Testament

Gospel acclamation

Gospel

Homily

Creed

Prayers of the Faithful(petitions)



The Liturgy of the Eucharist

Offertory (bringing up the gifts)

Eucharistic prayers

Our Father

Sign of Peace (sometimes done at the beginning of Mass)

Lamb of God

Communion

Concluding Rite

Blessing

Dismissal

Holy Days of Obligation

- ⊗ January 1, the solemnity of Mary, Mother of God
- ⊗ Thursday of the Sixth Week of Easter, the Ascension
- ⊗ August 15, the Assumption of the Blessed Virgin Mary
- ⊗ November 1, All Saint Day
- ⊗ December 8, Immaculate Conception
- ⊗ December 25, the Nativity of Our Lord

10th Grade

Nicene Creed

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, **consubstantial** with the Father; Through him all things were made. For us men and for our salvation he came down from

heaven, and by the Holy Spirit was **incarnate** of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic, and apostolic Church. I confess one baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

Gifts of the Holy Spirit

Wisdom

Understanding

Counsel

Fortitude

Knowledge

Piety

Fear of the Lord



Fruits of the Holy Spirit

Charity, Joy, Peace, Patience, Kindness, Goodness, Generosity, Gentleness, Faithfulness, Modesty, Self-control, Chastity